

APPENDIX A: WAVE 1 DATA COLLECTION GUIDES

A. Cognitive Interview Guide

B. Focus Group Moderator's Guide

WAVE 1:COGNITIVE INTERVIEW GUIDE

Date:	Interview Time:
Interviewee Name:	Interviewer:
Case ID:	Completed and collected consent form: <input type="checkbox"/>
Number of children in K/Grade 1 Number of children in other grades Total number of children	

INTERVIEWER SCRIPT: GENERAL INTRODUCTION [In today's interview, I am going to ask you some questions about the kinds of food your child consumes. The purpose of the interview is to see how well the questions can be answered, so there are no right or wrong answers. I'd like for you to take your time when necessary to, so that you can think about your answer. After you answer the questions, I am going to ask you a few follow up questions. In the second part of this interview, we are going to review your answers, and I'm going to ask you to describe how you arrived your answer, or determined how to respond to the question.

While we are discussing the questions, I am going to be recording this interview. The recording is to help me make sure that I have captured all of your responses. The recording will only be used for data analysis and will be kept confidential. Do you have any objections to recording your interview?]

NOTE OBJECTIONS:

Part I	Part II	Answer/Additional Probes	Comments
<p>1. During the past 7 days, how many glasses of milk did your child drink? Include all types of milk, including cow's milk, soy milk or any other kind of milk; include the milk your child drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.</p> <p>1 <i>Child did not drink milk during the past 7 days.</i> 2 <i>1 to 3 glasses during the past 7 days.</i> 3 <i>4 to 6 glasses during the past 7 days.</i> 4 <i>1 glass per day.</i> 5 <i>2 glasses per day.</i> 6 <i>3 glasses per day.</i> 7 <i>4 or more glasses per day.</i> DK <i>DON'T KNOW</i> RF <i>REFUSED</i></p>	<p>In question 1 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.</p> <p>1. What you were thinking about as you answered the question?</p> <p>2. What helped you to recall how much milk your child consumed? ➤ How did you determine the number of glasses your child consumed per day?</p>		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	3. How do you know how much milk your child may have drunk away from home?		
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	4. If more than one child: What helps you to recall what this K/Grade 1 child drank in comparison to what your other child may have consumed?		
	5. What was most difficult about answering this question? What would you change about it?		

Part I	Part II	Answer/Additional Probes	Comments
	6 What was difficult about the response options that were read to you? What would you change?		
2. What kind of milk did your child usually (most often) drink during the past 7 days? 1 Whole milk 2 2% milk. 3 Skim milk. 4 Low fat or 1% milk. 5 Soy milk. 6 Both regular milk and soy milk. 7 Some other kind of milk. DK DON'T KNOW RF REFUSED	In question 2 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.		
How easy is it to answer this question? Is it really easy, somewhat easy , or not at all easy ?	1. What you were thinking about as you answered the question?		
How sure are you of your response? Are you really sure, somewhat sure , or not so sure ?	2. What helped you to recall the type of milk your child consumed?		
	3. What did regular milk mean to you?		
	4. What was most difficult about answering this question? What		

Part I	Part II	Answer/Additional Probes	Comments
	would you change about it?		
	5. What was difficult about the response options that were read to you?		
<p>3. During the past 7 days, how many times did your child drink 100% fruit juices such as orange juice, apple juice, or grape juice? Do not count punch, Sunny Delight, Kool-Aid, sports drinks, or other fruit-flavored drinks.</p> <p>1 <i>Child did not drink 100% fruit juice during the past 7 days.</i> 2 <i>1 to 3 times during the past 7 days.</i> 3 <i>4 to 6 times during the past 7 days.</i> 4 <i>1 time per day.</i> 5 <i>2 times per day.</i> 6 <i>3 times per day.</i> 7 <i>4 or more times per day.</i> DK <i>DON'T KNOW</i> RF <i>REFUSED</i></p>	<p>In question 3 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.</p>		
	<p>1. What you were thinking about as you answered the question?</p> <p>2. What helped you to recall how much 100% fruit juice your child consumed? ➤ How did you determine the number of servings your child consumed per day?</p>		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	3. What specific 100% fruit juice drinks were you thinking of in your answer?		

Part I	Part II	Answer/Additional Probes	Comments
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	4. How do you know how much 100% fruit juice your child may have drunk away from home?		
	5. If more than one child: What helps you to recall what this K/Grade 1 child drank in comparison to what your other child may have consumed?		
	6. What was most difficult about answering this question? What would you change about it? 7. What was difficult about the response options that were read to you?		
<p>4. During the past 7 days, how many times did your child drink Soda pop (for example, Coke, Pepsi, or Mountain Dew), sports drinks (for example, Gatorade), or fruit drinks that are not 100% fruit juice (for example, Kool-Aid, Sunny Delight, Hi-C, Fruitopia, or Fruitworks)?</p> <p>1 <i>Child did not drink any during the past 7 days.</i> 2 <i>1 to 3 times during the past 7 days.</i> 3 <i>4 to 6 times during the past 7 days.</i> 4 <i>1 time per day.</i></p>	<p>In question 4 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.</p> <p>1. What you were thinking about as you answered the question?</p>		

Part I	Part II	Answer/Additional Probes	Comments
5 <i>2 times per day.</i> 6 <i>3 times per day.</i> 7 <i>4 or more times per day.</i> DK <i>DON'T KNOW</i> RF <i>REFUSED</i>	2. What helped you to recall how much Soda pop, Sport drinks, or fruit drinks that are not 100% fruit juice your child consumed? 8How did you determine the number of servings your child consumed per day?		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	3. What specific items were you thinking of in your answer?		
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	4. How did you answer for time periods when your child is away from home?		
	5. If more than one child: What helps you to recall what this K/Grade 1 child drank in comparison to what your other child may have consumed?		
	6. What was most difficult about answering this question? What would you change about it? 9 What was difficult about the response options that were read to you?		
5. During the past 7 days, how many times did your child eat fresh fruit such as apples, bananas, oranges, berries, or other fruit such as applesauce, canned peaches, canned fruit	In question 5 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.		

Part I	Part II	Answer/Additional Probes	Comments
cocktail, or frozen berries? (Do not count fruit juice.)	1. What you were thinking about as you answered the question?		
1 <i>Child did not eat fruit during the past 7 days.</i> 2 <i>1 to 3 times during the past 7 days.</i> 3 <i>4 to 6 times during the past 7 days.</i> 4 <i>1 time per day.</i> 5 <i>2 times per day.</i> 6 <i>3 times per day.</i> 7 <i>4 or more times per day.</i> DK <i>DON'T KNOW</i> RF <i>REFUSED</i>	2. What helped you to recall how much (food item-fresh fruit or other fruit) your child consumed? 10 How did you determine the number of servings your child consumed per day?		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	3. What specific foods were you thinking of in your answer?		
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	4. How did you answer for time periods when your child is away from home?		
	5. If more than one child: What helps you to recall what this K/Grade 1 child ate in comparison to what your other child may have consumed?		
	6. What was most difficult about answering this question? What would you change about it? ➤ What was difficult about the response options that were read to you?		

Part I	Part II	Answer/Additional Probes	Comments
<p>6. During the past 7 days, how many times did your child eat green salad?</p> <p>1 <i>Child did not eat green salad during the past 7 days.</i></p> <p>2 <i>1 to 3 times during the past 7 days.</i></p> <p>3 <i>4 to 6 times during the past 7 days.</i></p> <p>4 <i>1 time per day.</i></p> <p>5 <i>2 times per day.</i></p> <p>6 <i>3 times per day.</i></p> <p>7 <i>4 or more times per day.</i></p> <p>DK <i>DON'T KNOW</i></p> <p>RF <i>REFUSED</i></p>	<p>In question 6 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.</p>		
	1. What you were thinking about as you answered the question?		
	2. What helped you to recall how much (food item green salad) your child consumed?		
	➤ How did you determine the number of servings your child consumed per day?		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	3. What specific foods were you thinking of in your answer?		
	11 What's a green salad ?		
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	4. How did you answer for time periods when your child is away from home?		
	5. If more than one child: What helps you to recall what this K/Grade 1 child ate in comparison to what your other child may have consumed?		

Part I	Part II	Answer/Additional Probes	Comments
	6. What was most difficult about answering this question? What would you change about it? ➤ What was difficult about the response options that were read to you?		
7. During the past 7 days, how many times did your child eat potatoes? (DO NOT count French Fries, fried potatoes, or potato chips). 1 Child did not eat potatoes during the past 7 days. 2 1 to 3 times during the past 7 days. 3 4 to 6 times during the past 7 days. 4 1 time per day. 5 2 times per day. 6 3 times per day. 7 4 or more times per day. DK DON'T KNOW RF REFUSED	In question 7 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.		
	1. What you were thinking about as you answered the question?		
	2. What helped you to recall how much (food item) your child consumed? ➤ How did you determine the number of servings your child consumed per day?		
How easy is it to answer this question? Is it really easy, somewhat easy, or not at all easy?	3. How did you answer for time periods when your child is away from home?		
How sure are you of your response? Are you really sure, somewhat sure, or not so sure?	4. If more than one child: What helps you to recall what this K/Grade 1 child ate in comparison		

Part I	Part II	Answer/Additional Probes	Comments
	to what your other child may have consumed?		
	5. What was most difficult about answering this question? What would you change about it? ➤ What was difficult about the response options that were read to you?		
8. During the past 7 days, how many times did your child eat carrots? 1 <i>Child did not eat carrots during the past 7 days.</i> 2 <i>1 to 3 times during the past 7 days.</i> 3 <i>4 to 6 times during the past 7 days.</i> 4 <i>1 time per day.</i> 5 <i>2 times per day.</i> 6 <i>3 times per day.</i> 7 <i>4 or more times per day.</i> DK <i>DON'T KNOW</i> RF <i>REFUSED</i>	In question 8 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.		
	1. What you were thinking about as you answered the question?		
	2. What helped you to recall how much (food item) your child consumed? ➤ How did you determine the number of servings your child consumed per day?		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	3. How did you answer for time periods when your child is away from home?		

Part I	Part II	Answer/Additional Probes	Comments
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	If more than one child: 4. What helps you to recall what this K/Grade 1 child ate in comparison to what your other child may have consumed?		
	5. What was most difficult about answering this question? What would you change about it? ➤ What was difficult about the response options that were read to you?		
9. During the past 7 days, how many times did your child eat other vegetables? (DO NOT count green salad, potatoes, French fries, or carrots.) 1 Child did not eat other vegetables during the past 7 days. 2 1 to 3 times during the past 7 days. 3 4 to 6 times during the past 7 days. 4 1 time per day. 5 2 times per day. 6 3 times per day. 7 4 or more times per day. DK DON'T KNOW RF REFUSED	In question 9 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer. 1. What you were thinking about as you answered the question?		
	2. What helped you to recall how much (food item) your child consumed? ➤ How did you determine the number of servings your child consumed per day?		

Part I	Part II	Answer/Additional Probes	Comments
	3. What specific foods were you thinking of in your response?		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	4. How did you answer for time periods when your child is away from home?		
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	5. If more than one child: What helps you to recall what this K/Grade 1 child ate in comparison to what your other child may have consumed?		
	6. What was most difficult about answering this question? What would you change about it? ➤ What was difficult about the response options that were read to you?		
10. During the past 7 days, about how many times did your child eat a meal or snack from a fast food restaurant such as McDonald's Pizza Hut, Burger King, KFC (Kentucky Fried Chicken), Taco Bell, Wendy's and so on? Would you say: 1 Child did not eat food from a fast food restaurant during the past 7 days.	In question 10 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer. 1. What you were thinking about as you answered the question?		

Part I	Part II	Answer/Additional Probes	Comments
2 1 to 3 times during the past 7 days. 3 4 to 6 times during the past 7 days. 4 1 time per day. 5 2 times per day. 6 3 times per day. 7 4 or more times per day. DK DON'T KNOW RF REFUSED	2. What helped you to recall how much (food item) your child consumed? ➤ How did you determine the number of servings your child consumed per day?		
	3. What specific foods were you thinking of in your response?		
	4. How did you answer for time periods when your child is away from home?		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	5. If more than one child: ➤ What helps you to recall what this K/Grade 1 child ate in comparison to what your other child may have consumed?		
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	6. What was most difficult about answering this question? What would you change about it? 12 What was difficult about the response options that were read to you?		

Part I	Part II	Answer/Additional Probes	Comments
<p>11. During the past 7 days, how many times did your child eat candy, ice cream, cookies, cakes, brownies, or other sweets? Would you say:</p> <p>1 <i>Child did not eat sweets during the past 7 days.</i></p> <p>2 <i>1 to 3 times during the past 7 days.</i></p> <p>3 <i>4 to 6 times during the past 7 days.</i></p> <p>4 <i>1 time per day.</i></p> <p>5 <i>2 times per day.</i></p> <p>6 <i>3 times per day.</i></p> <p>7 <i>4 or more times per day.</i></p> <p>DK <i>DON'T KNOW</i></p> <p>RF <i>REFUSED</i></p>	<p>In question 11 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.</p>		
	1. What you were thinking about as you answered the question?		
	2. What helped you to recall how much (food item) your child consumed?		
	➤ How did you determine the number of servings your child consumed per day?		
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	3. What specific foods were you thinking of in your response?		
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	4. How did you answer for time periods when your child is away from home?		
	5. If more than one child: What helps you to recall what this K/Grade 1 child ate in comparison to what your other child may have consumed?		

Part I	Part II	Answer/Additional Probes	Comments
	<p>6. What was most difficult about answering this question? What would you change about it?</p> <p>➤ What was difficult about the response options that were read to you?</p>		
<p>13. During the past 7 days, how many times did your child eat potato chips, corn chips (Fritos, Doritos), Cheetos, pretzels, popcorn, crackers or other salty snack foods?</p> <p>1 <i>Child did not eat salty snack foods during the past 7 days.</i></p> <p>2 <i>1 to 3 times during the past 7 days.</i></p> <p>3 <i>4 to 6 times during the past 7 days.</i></p> <p>4 <i>1 time per day.</i></p> <p>5 <i>2 times per day.</i></p> <p>6 <i>3 times per day.</i></p> <p>7 <i>4 or more times per day.</i></p> <p>DK <i>DON'T KNOW</i></p> <p>RF <i>REFUSED</i></p>	<p>In question 12 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.</p>		
	<p>1. What you were thinking about as you answered the question?</p>		
	<p>2. What helped you to recall how much (food item) your child consumed?</p> <p>➤ How did you determine the number of servings your child consumed per day?</p>		
	<p>3. What specific foods were you thinking of in your response?</p>		
<p>How easy is it to answer this question? Is it really easy, somewhat easy, or not at all easy?</p>	<p>4. How did you answer for time periods when your child is away from home?</p>		

Part I	Part II	Answer/Additional Probes	Comments
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	5. If more than one child: ➤ What helps you to recall what this K/Grade 1 child ate in comparison to what your other child may have consumed?		
	6. What was most difficult about answering this question? What would you change about it? ➤ What was difficult about the response options that were read to you?		
14. During the past 7 days, how many times did your child eat French fries or fried potatoes? 1 Child did not eat French fries or fried potatoes during the past 7 days. 2 1 to 3 times during the past 7 days. 3 4 to 6 times during the past 7 days. 4 1 time per day. 5 2 times per day. 6 3 times per day. 7 4 or more times per day. DK DON'T KNOW RF REFUSED	In question 13 (interviewer reads question again) your answer was (interviewer reads respondent's answer). Please tell me how you decided on your answer.		
	1. What you were thinking about as you answered the question?		
	2. What helped you to recall how much (food item) your child consumed? ➤ How did you determine the number of servings your child consumed per day?		

Part I	Part II	Answer/Additional Probes	Comments
How easy is it to answer this question? Is it really easy , somewhat easy , or not at all easy ?	3. How did you answer for time periods when your child is away from home?		
How sure are you of your response? Are you really sure , somewhat sure , or not so sure ?	4. If more than one child: What helps you to recall what this K/Grade 1 child ate in comparison to what your other child may have consumed?		
	5. What was most difficult about answering this question? What would you change about it? ➤ What was difficult about the response options that were read to you?		

B. Focus Group Moderator's Guide

WAVE 1 FOCUS GROUP GUIDE:

(Mothers of K/Grade 1 ECLS-B Child Habits Study)

I. Study Objectives:

1. *Do the respondents interpret the questions, as asked, in the manner intended by ERS? If not, are there changes in wording that will improve understanding?*
2. *Are the response options suggested by ERS appropriate? Are respondents able to use these response options to describe their children's behavior? If not, are there changes in response options that would be more appropriate?*
3. *What time period do respondents feel more comfortable with, in responding to the questions—past 24 hours, the past week, or the past month?*

II. Introduction:

Thank you for joining us for today's focus group on questions mothers can answer about their kindergarten/first grade child's eating habits. Today we are going to be talking about the eating habits of your children – those in kindergarten and 1st grade. We have a set of questions for mothers to answer about certain types of food that your children may eat, and we are interested in whether or not these questions are ones mothers can answer easily and accurately.

III. Purpose:

These are preliminary questions that you can help us improve. Today, you'll be helping us by answering some questions on how you recall what your child ate, what kinds of foods you think of when asked to respond to certain questions, sharing with us how you came up with your answers and what things would make it easier for you to answer the questions. With your help, the questions that are used in a national survey will be improved.

My name is _____, and I am from ORC Macro, the research firm that has been hired to help test these questions. As the moderator for today, my role is to encourage the discussion by asking questions. I'd like to outline some guidelines that will help this discussion.

- You have been asked here to offer your views and opinions; everyone's participation and viewpoints are important: there are no right or wrong answers.
- Detailed explanations are desired.
- Please speak one at a time, so that we can all hear and understand the conversation
- You are being audio-taped and videotaped today
- All of your answers will remain confidential, so feel free to speak your mind. Our review of your answers will report findings as aggregate data.

IV. Icebreaker:

Before we begin, I'd like to ask everyone to first introduce themselves. Please introduce yourself and tell us what grade your child is in, and what their favorite food is.

V. Research Questions (Mothers respond to set of test questions in writing):

Review of the Test Set Questions:

[Instructions (paraphrase)]: "Now I have some questions about how often your children drink or eat certain things. I will read a question and give you each a moment to think about the question. Please indicate your answer on the sheet I have provided. Please answer the question to the best of your ability. When you're done answering all of the questions, we'll talk about your questions and your answers. Do you have any questions about this process?"
[Moderator distributes test questions sheets and pencils to group. Reads set of test questions. If participants ask what the question means, reply with:

"I can't help you interpret the question or tell you what it means; because that's one of the things we want to learn today. So, use your best judgment and after everyone has a chance to answer the question, we'll talk about what it means."]

VI. Discussion of Mothers' Comprehension of the Questions:

[Instructions (paraphrase)]: "Now let's talk about what you thought these questions were asking – or what it meant to you. We can talk about words that may have been confusing, or difficulty you had in figuring out whether a certain food is or is not included, and so on. Let's start with question 1."

Probes: Interviewer should cover the following topics (do not need to cover each topic in detail for each question, if the topic was discussed earlier):

- How did you answer Question 1? (*Ask mothers to provide their answers for all the questions, and have following discussion for each question, as appropriate*)
- How did you know what your K/Grade 1 child eats and how much this child eats? (*Probe: Ask mothers to describe how they arrived at their answer, including how mother arrived at the exact amount of food/drink stated in the answer*)
- What food items were you thinking about when you answered the question about your child's consumption? [*Ask for examples of items described by the term (e.g., "what are the names of other kinds of [term] that you think of?")*]
- What was difficult about this question (*Probe for explanations of the difficulties*)

- What kind of milk were you thinking of in answering the question? (*Probe for Yohoo as milk*)
- What drinks do you think of when someone says 100% fruit juice? How do you know they are 100% fruit juice?
- What drinks are not 100% fruit juice? (*Probe for examples*). How do you know?
- What's a sports drink?
- What is a green salad? What's included? Did you include these vegetables in other responses?
- What are salty snack foods?
- When you answered the question about other vegetables, what kinds of food were you thinking about? (*Probe for combinations, such as vegetables in soups or stews*)
- What do you consider fried potatoes or French fries to be? (*Vegetable, potatoes etc.. Probe for where parents count these foods*).

VII. Mothers' Ability to Use Response Options

- How often are you typically asked to recall what your child ate?
- For what period of time can you best recall what your K/grade 1 child ate? (*Probe for time period*)
- (Follow-up probe) Can you recall what your child ate for the last 7 days? How do you do this? (*Probe for contextual cue that assist in recall*).
- When you selected an option that was the 7-day period, what 7 days did you include in your answer?
- How did you arrive at an option/ amount for 7 days?
- How did you arrive at the number of times your child consumed an item per day?
- Tell me how you know what foods your child has eaten while they are away from home? (*Probes: Do you regularly ask your child what they ate at school? Do they come home and report? Lunch box checking/lunch money?*)

VIII. General Questions

- How does having more than one child complicate your ability to recall what your K/G1 child ate?

- Can you think of a better way to ask/answer any of these questions?
- What would you change about the response options in these questions?
- What would improve your understanding of the questions?

IX. False Close

Moderator briefly leaves room to ask project director if there are any other questions that remain unanswered or require further probing.

X. Conclusion and Thank you